

SEED SENSATIONS

FLAX SEEDS

FLAX FRENZY...

WHY?

**FLAXSEED IS AN
OUTSTANDING SOURCE OF
PROTEIN & FIBER AND IT
ALSO ACTS AS A HEALTH
PROTECTOR.**

HEALTH BENEFITS

- High in fiber, but low in carbs
- Healthy skin and hair
- Promotes weight loss
- Feel satisfied longer
- Lower cholesterol
- High in antioxidants
- Promotes digestive health
- High in Omega-3 fatty acids

NUTRITIONALS

- Omega-3s
- Fiber
- Protein
- Vitamin B1
- Manganese
- Magnesium
- Phosphorus
- Selenium
- Vitamin B6
- Iron
- Potassium
- Copper
- Zinc

ADD TO YOUR SHAKE TODAY!